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U. S. DEPARTMENT OF AGRICULTURE

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WEDNESDAY, DECEMBER 30, 1942

SUBJECT:"WINTER BREAKFASTS." Information from home economists of the U. S. Department of Agriculture.

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Right here in the midst of the holidays is a good time to stop and talk about breakfast--breakfast in a wartime winter especially. This first meal of the day can have so much to do with family health and spirits that it deserves careful planning and preparation.

You know how a good breakfast can set a family up--start them off on the right foot, as the saying goes. A good breakfast wakes up appetites.... provides nourishment and energy for the morning's work....and lifts the spirits, too. A good breakfast looks good, tastes good, and is hearty enough to stick to the ribs until noon. Some people need a hearty breakfast, others need a light breakfast, but every normal person needs breakfast.

An active growing child needs to break his fast in the morning with foods that rouse his appetite and foods for energy and body-building. Older people doing heavy work on the farm, in the factory, or around the house need a substantial breakfast. Some office workers and others who sit at work may need only fruit, a warm beverage and toast to start the day, provided they can balance off at lunch and dinner the other foods they need daily. Even the elderly people in the family may do well to have a substantial meal first thing in the morning, since many prefer not to eat their heavy meal in the evening. Old people often find their vitality low in the morning and need a substantial meal to pick them up for the day.

There are plenty of reasons for a good breakfast, you see. Yet in many households breakfast is the neglected meal...the meal that gets swallowed

on the run, or forgotten altogether. School teachers often report that children can't do their lessons well in the morning because they have had no breakfast. A well-known psychologist recently said that a forgotten or hasty breakfast may be responsible for Junior's midmorning drowsiness and low grades at school...for Jane's poor appetite...Father's morning temper... Mother's tired feeling...and even Grandma's touchiness.

Well, let's talk about the right kind of breakfast and how to plan it. The general breakfast pattern can be the same, day after day, if you give it enough variety to add interest appeal. Fruit of some sort makes a good starter because fruit is refreshing and appetizing to most people, and also because it can supply the vitamin C everyone needs every day. But you don't have to have the same kind of fruit every morning. Citrus fruits and tomato juice are esepcially good for vitamin C. You might vary these with raw apples and pears from the home orchard-or home-canned and dried fruit without too much sweet....applesauce or baked apples or pears...home-preserved apple juice berry juice, or grape juice.

For energy food at breakfast the breads and cereals fit in the pattern. And the more whole-grains used, the better for the family. Ready-prepared cereals save time but in cold weather most people like hot cooked cereal. Try whole wheat cooked in milk, or brown rice steamed with figs, or hominy served with honey, maple sirup or a bit of sweet preserve. Some families like warm whole milk on cooked cereal, others prefer cream. That's a matter of taste, pocketbook, and what's to be had. It's wise to teach children to enjoy cereal with no sugar.

Along with the cereals there is a wide variety of breakfast breads that everyone enjoys--hot crisp toast, muffins, biscuits, crusty corn bread, coffee bread, waffles or pancakes, all depending on how much time you have

to get breakfast. To save time in the morning you can partly mix some of these breads the night before and keep them in the refrigerator until morning.

Some housewives have baking powder biscuits all cut and in the pan the night before. The pan spends the night in the refrigerator. The next morning the biscuits are all ready to pop into the oven. Many people enjoy breakfast breads with a bit of marmalade or other sweet spread. For Sunday morning waffle sandwiches, stir melted butter into honey as a filling, and spread between two hot waffles.

Besides the energy foods a good substantial breakfast may have body-building foods--milk, of course, and an egg dish--or a meat, poultry or fish dish. Creamed eggs with toast are favorites--creamed chipped beef, creamed codfish or finnan haddie, creamed smoked tongue. For a Sunday breakfast with waffles kidney stew is a favorite. (You can make kidney stew on Saturday and reheat it on Sunday morning.)

Fish like mackerel broiled with direct heat, is good. Brains scrambled with eggs is a favorite breakfast combination. When you have meat, fish or poultry at breakfast, you may well be having a dried bean or cheese dish for the protein dish at dinner.

Last of all, there's the breakfast drink to consider, for in cold weather most people want a hot cup of something for breakfast. The children may like warm milk or cocoa. The grownups may take their one-cup allowance of coffee at breakfast, or may have half coffee and half hot milk...or tea...or cocoa... or one of the cereal coffee beverages now on the market. The idea is to have something warm cheering, and good to taste in your cup these dark wintry mornings.

So the general pattern for a good winter breakfast runs from fruit, cereal and bread. To eggs, fish, or meat and finally to that warm cup, making sure that the youngsters have plenty of milk, and everyone has time to eat, and a cheerful atmosphere to eat it in.

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